

SENIOR NEWSLETTER DECEMBER 2014
MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SOCIAL SERVICES
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
MONDAY – FRIDAY Hours: 9 AM to 2 PM
OUTREACH PAM HEALY 203 261-0289

Dear Friends,

Where did the month of November go? Now it really is countdown time yikes!!!! One of the keys to a successful holiday season is to plan ahead and be organized! This also applies to preparing for another winter! Call me, or Pam Healy, if you need a referral for a person to shovel your walkway, make sure you have a working flashlight handy in case of a power outage, and don't be a hermit there are lots of activities happening at the ESC. Also, have you updated your File of Life? This is a really important thing to do and I can help you put it together so make a new year's resolution to be organized and put your File of Life in order! The holidays can be festive and fun but, they can also be exhausting, stressful and sad for some so remember that Pam is available for a friendly visit, and we will be having another support group for those who have lost a loved one. I wish all of you a happy and healthy holiday!

Alison

MEDICARE & OPEN ENROLLMENT

Open Enrollment for changing your Medicare health or prescription drug coverage continues through **December 7th, 2014**. If you haven't done so please start comparing your coverage with other options. In most cases, this may be the one chance you have to make a change to your health and prescription drug coverage.

For Medicare Part D and Medicare Advantage Plans the annual open enrollment period is *October 15th to December 7th, 2014* please do not think that you have until the end of the year to evaluate your plan and make a possible change. It is always a good idea to review to make sure that your medication will be covered on your plan's formulary. If you are a "snow bird", then check to see if your plan contracts for out-of-state coverage – if not, then ask your doctor if it is possible to write for a 90-day prescription. (Ask if he/she will continue to accept your plan).

www.medicare.gov. - Is a great website to browse. You can compare plans and make a decision on what to do. The drug formulary of each plan varies, so that is why you need to check the cost from year to year. **What worked for you last year might not be the best decision for the coming year – avoid unexpected surprises!**

Bereavement Support Group

Our first meeting was a great success with five people in attendance and we are going to continue meeting once a month and possibly twice!!! There was lots of discussion, support and sharing of ideas which is exactly what I was hoping for! We tried to avoid driving home in the dark, but it seems to be getting darker earlier so our next meeting will be still take place at the ESC but, earlier in the day!!!.DATE and TIME to be determined!
Please call me at 203-268-1137 if you are interested in joining us.

Fuel Assistance

Fuel Assistance applications can continue to be submitted and for those who have applied deliveries will start after November 12th. Please call my office **203-268-1137** with any questions you may have or, to make an appointment.

Please remember to donate to *The Martha Carrie Schurman Fund*, which was established by Martha's late husband, Al, in memory of his wife and her battle with Alzheimer's disease. Funds are awarded to **Easton** seniors who fall into a category of extreme financial need. Every donation helps! The fund has helped many in troubled times and we cannot continue to help those in need without your support! On behalf of myself, Pam Healy and The Commission for the Aging THANK YOU!!!

The Commission for the Aging will meet this month on Monday December 1st at 5 pm at The Senior Center.

Please, call Pam Healy to arrange a visit. She is a caring listener, and has valuable information about the social services programs and resources available to you. As your **Easton Outreach Visitor**, Pam is available to you with just a phone call 203-261-0289.

*Happy Hanukkah
Merry Christmas
Happy New Year*